

- There are two months left to the race: you are ready to cover a longer distance
- You are learning to listen to your body: you know when it is the moment to go faster or to stop.
- Stop, reset, and restart if necessary
- Take care about the choice of your running shoes. Now that you are constantly running, it is important to have the right shoes that ensure cushioning and excellent stability.
- Take care about yourself
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
5	40' undulating running						
6		20' slow running 40' muscle strengthening exercises (core stability)					
7			1h' anti-fatigue sport activity (bike, walking)				
8				REST DAY			
9					30' slow running + 6-8 sprints		
10						50' flat running mid rhythm	
11							Anti-fatigue sport activity (bike, walking)